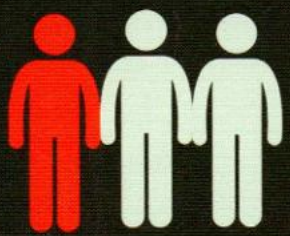
THE LIFE CYCLE OF
FALLS PREVENTION

WHAT IS A FALL?

"An event which results in a person coming to rest inadvertently on the ground or floor or other lower level"

WORLD HEALTH ORGANISATION



1 in 3 Australians
over 65 fall each year

273 daily hospitalisations
are from falls

Fractures or serious injury
can occur from falls

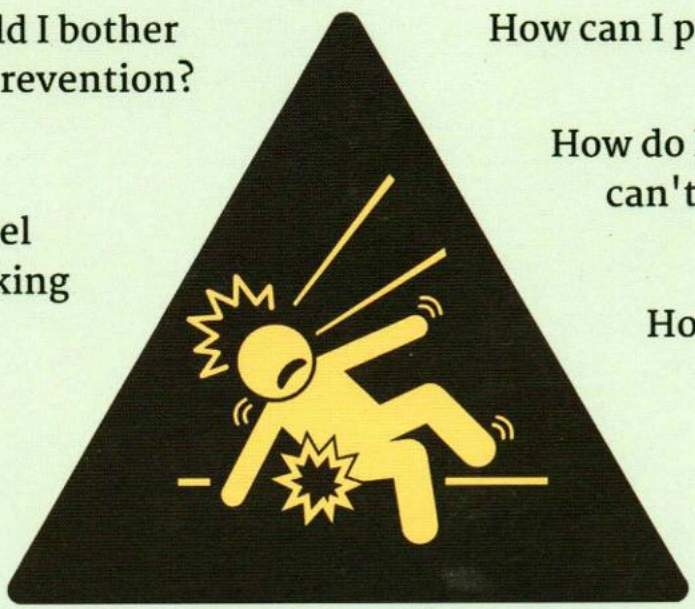
PREVENTION

Why should I bother with falls prevention?

How can I prevent a fall?

How do I prevent a fall if I can't exercise well?

How can I feel confident walking again?



How to reduce the risk of injury?

How can you avoid future falls?

Do you have a safety plan if you were to fall?

RESPONSE

MANAGEMENT

HOW CAN WE HELP REDUCE YOUR FALLS?

Join our 12-week Falls Prevention Program

Starting with a personalised risk assessment, followed by weekly 1-on-1 sessions focused on exercise, education, and equipment to keep you safe and steady. We'll also help you build practical strategies to manage and respond to a fall if it happens.

6 TIPS TO GET STARTED:

Stay active and keep strong

Perform **20 minutes** of exercises every day.

walking or climbing stairs count!

Train your balance

Stand & dance for **10 minutes** a day.

Fall proof your home

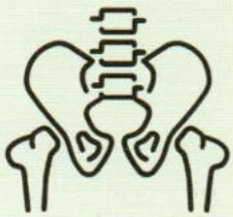
Install night lights, clear walkways and remove rugs

Supplement with Vitamin D and Calcium

Talk to your doctor about your suitability.

Use hip protectors if you cannot exercise

This minimises your risk of hip fractures if you fall



Rebuild your confidence to move

Work with a physiotherapy to rebuild your confidence after a fall

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PERFORMANCE

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